

Parent & Swimmer Education



North Palm Beach Swim Club

May 2012

Volume 2, Number 3

In This Issue

- Best Pre-Workout Food
- Learn to Earn
- Five Food to help boost Immunity
- Faster Freestyle Breakout

Swimmer of the Month

Hayley Diemar – Red

Madeline Ayres – Red

Chira Bell – White

Blake Shaw - White

Upcoming Swim Meets

May 18-19 @ Jupiter

May 24 @ NPB

June 9-10 NPB Invite @ Plantation

Summer Training Schedule

Senior Group
Mon-Sat 7:00-9:00am

Gold Group
Mon-Sat 7:00-9:00am

Blue Group

Former NPB Swimmer Qualifies for 2012 Olympic Games

Former NPB swimmer Laura Reback-Bennett claimed the third and final spot on the 2012 U.S. Olympic Triathlon Team with a third-place finish Friday May 11 at the inaugural ITU World Triathlon in San Diego. Bennett who trains in Boulder, Colorado will head to her second straight Olympic Games in August. Laura finished fourth in Beijing in 2008. Congratulation Laura!

Best Pre-Workout Food

Chris Rosenbloom, PhD, RD, CSSD

All kinds of pre-workout supplements are being marketed to athletes claiming to boost energy, enhance performance, and improve endurance. Do you need to eat before a workout? If so, what should you eat or drink? Let's look at who might need a pre-workout snack and the best choices.

If your workout lasts longer than 45 minutes (and what swimmer's workout doesn't?) you should fuel up before exercise. What you should eat and how much you should eat depends on how much time you have before a workout.

Ideally, you will have time for a healthy meal 3-4 hours before exercise, so that there is time for the food to be digested and absorbed. But when reality strikes and you don't have time to eat before swim practice, you should at least eat 30 grams of carbohydrate. Carbs that are easily digested and eaten 15 minutes before exercise can improve your performance when compared to exercising with no carbohydrate.

Here are my top picks for snacks with 30 grams of carbohydrate. These foods also provide other benefits, such as extra vitamins and minerals needed for optimum performance.

- 6-ounce container of low-fat fruit yogurt has 30 grams of carbs with the added benefit of calcium (as much as a glass of milk), protein, potassium, vitamin A and riboflavin.
- 2 mini-bagels with a piece of low-fat string cheese provide 30 grams of carbs, protein and B-vitamins needed for energy.
- 1 medium to large sized banana has 30 grams of carbs. A banana is the original fast food – easy to pack and eat, and requires no refrigeration. Bananas are also a powerhouse for potassium, an electrolyte lost in sweat.
- Banana-strawberry fruit smoothie (8-12 ounces depending on product). Liquids, like smoothies, are easy to digest and most contain calcium and vitamin C.
- 10 mini-pretzels and ½ cup apple juice contain easy to digest carbs along with some sodium for those who are salty sweaters.

Eating before a workout doesn't have to be complicated or expensive. All it takes is some planning to have nourishing snacks available to power you through a workout.

Mon-Sat 8:30-10:00am

Red Group
Mon-Sat 8:30-10:00am

White Group
Mon-Thur 5:00-6:00pm

Orange Group
Mon-Thur 5:00-5:45pm

Green Group
Mon-Thur 4:30-5:00pm
High School Water Polo
Mo-Tu-Thu 10:00-12:00
Wed 6-8pm; Fri 4-6pm

12 & Under Water Polo
Wed-Fri 10:00-11:30am
Wed 6-8pm; Fri 4-[6pm](#)

[NPB Aquatic Camp](#)

Session 1 : June 18-22

Session 2: July 23-27

Cost: NPB Swimmers
\$155 per session

Non-NPB Swimmers
\$180 per session

[Lifeguard Course](#)

Session I: June 11-15

Session II: July 16-20

Must be 15 years of age.

[Contact Information](#)

Coach Alf

[Learn to Earn](#)

By John G. Miller

Many denounce the entitlement and victim thinking found in our society today. But here's an idea parents should consider:

It begins at home. That's right—it's all in the family.

Do you agree or disagree with the following statements?

Everyone on a youth athletic team should receive a trophy.

Children must have the newest version of all things electronic.

Thirteen-year-olds deserve limos for their birthday parties.

Cell phones are not a privilege, they are a right.

Driving is not a privilege, it is a right.

After reading the above, we suspect most moms and dads would respond with, "None of them are true!" or "I don't agree at all!" But the questions accountable parents ask themselves are, "Am I instilling thoughts and beliefs like these into my child?" "Have I created children who suffer from the dangerous disease of entitlement thinking?" and "Am I building future victim thinkers?"

And, of course, this tough-on-self question: "In what ways have I become entitled?"

In our book *Outstanding!* we assert that individuals in exceptional organizations put their nose to the grindstone, invest tons of effort and energy, demonstrate a high level of commitment, and get stuff done. In other words, they work—and they work hard. In these organizations, there is little to no entitlement thinking because managers and employees alike believe they must earn their pay, earn their benefits, and earn their rewards. In fact, they want to earn these things. Individuals like this know that becoming entitled and possessing an "I deserve!" mentality is not a healthy way to live life.

These contributors to the world "occupy" nothing but their job.

Honestly, when we experience feelings of entitlement—essentially just another way of playing the victim—are we contributing to the world around us? Are we making a positive difference in the lives of others? Are we adding value to society? Are we learning, growing, and changing while fulfilling our God-given potential?

We suggest the answer to these questions is a resounding No!

The good news is there is an antidote to the entitlement problem for people of any age, and it's this:

Learn to earn.

The challenge, though, for most of us with learning to earn is we live in a world that presents messages of entitlement thinking at every turn. It can be very difficult to protect our families from this unaccountable way of living. But parents don't complain about "the world," dwelling on the broad political and societal causes of this phenomenon. They work on their own entitlement thinking while focusing on how to best parent their kids to prevent them from growing up to be entitled adults.

In this day and age, ensuring that the future workers of the world—our children—live a life of personal accountability requires parental vigilance and hard work, but it's worth it. Along with

swimnpb@bellsouth.net

Coach Cavanah

NPBCoach4@aol.com

Coach John

JSE101@hotmail.com

North Palm Beach
Swim Club

951 US Hwy #1

NPB, FL 33408

www.npbswimming.com

feelings of accomplishment and satisfaction, people of all ages experience great joy when entitlement and victim thinking are defeated. When we raise our kids to refrain from stretching their hand out asking the world to give them what “they deserve,” and instead we give them a hand up by teaching them to learn to earn, we have surely taken a giant step toward raising great kids.

So, since we can’t change society but can change ourselves, let’s focus on what we control.

First, we must make certain that we are not thinking unproductive thoughts like The world owes me and I deserve. If we are, then we are setting the wrong example for our kids. Then, we must parent daily with the goal of creating non-entitled children who want to earn their rewards in life. We can get started doing all of this by asking The Question Behind the Question (QBQ!). Questions like these make the difference:

“What can I do to identify and eliminate my entitlement thinking?”

“How can I demonstrate a solid work ethic for my children?”

“What can I do to teach my kids the importance of learning to earn?”

Let's become the most outstanding parents we can be. That's the best way to improve our world.

Five Tips for a Faster Freestyle Breakout

How in the heck do the best get such an advantage off of the breakout? The answer is simple and teachable.

1. Push off of the wall with an excellent stream line.
2. Use your push off and your underwater dolphin kicks to get under the wake created on the surface of the water.
3. Begin to breakout by pulling with the bottom arm on the second to last dolphin kick.
4. Continue your arm pull with an additional dolphin kick
5. When the hand has reached the hip, conclude your dolphin kick and begin your flutter kick.